

OFF-SEASON PROGRAM 2023-24

KEY SPEED/PACE GLOSSARY

8-12 KM/HR = 6:00/KM - 5:00/KM PACE RUNNING

18-20 KM/HR = 3:20/KM - 3:00/KM PACE RUNNING

24-26 KM/HR = 2:30/KM - 2:18/KM PACE RUNNING

BLOCK 1

WEEKLY LOADING

	Week Total	8-12 km/hr 6:00-5:00/km	18-20 km/hr 3:20-3:00/km	24-26 km/hr 2:30-2:18/km
Oct-09	15km	15km	0.00	0.00
Oct-16	18km	18km	0.00	0.00
Oct-23	21km	21km	0.00	0.00
Oct-30	24km	24km	0.00	0.00

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	MON	WED	FRI	SAT
Oct-09	5km	5km	5km	
Oct-16	6km	6km	6km	
Oct-23	6km	6km	6km	3km
Oct-30	8km	5km	8km	3km

GUIDELINE FOR THOSE WHO WANT DAILY TARGETS – BUT YOU CAN MANIPULATE AS NEEDED

EXAMPLE: 8KM COULD BE DONE IN ANY NUMBER OF WAYS WHICH YOU ARE FREE TO CREATE

1KM W/UP LSR + 6KM LSR + 1KM W/DOWN LSR

OR

1KM W/UP LSR + 2X 3KM LSR W 3' REST B/W + 1KM W/DOWN LSR

OR

1KM W/UP LSR + 4KM LSR + 5' REST + 2KM LSR + 2' REST + 1KM W/DOWN LSR

YOU GET THE IDEA AND UP TO YOU HOW YOU CHOOSE TO DISTRIBUTE SESSION TOTAL PROVIDED
EACH SESSION STARTS AND ENDS WITH 1KM W/UP LSR AND 1KM W/DOWN LSR